



Event Guide

General Rules for Athletic and Professional Events

- **Categories**

- The following categories are based on uniformed personnel size. Categories **may** be modified based on final list of participating commands.
 - Large Command - over 500 personnel (Large Deck)
 - Medium Command - 200-500 personnel (DDG/CG)
 - Small Command - under 200 personnel (FFG and smaller, including ashore support/subordinate activities)

- **Scoring**

- Events are straight competition unless otherwise specified (popular team events have brackets based on command size).
 - 4 points – First Place
 - 3 points – Second Place
 - 2 points – Third Place
 - 1 point – Participation (per command per event – max 1)
 - 4 points – Forfeit (at game time/event start)

- **Miscellaneous Rules**

- Forfeit time is scheduled game time. Teams should assemble at least 20 minutes prior to start time and provide a POC via command registration for each event who will be contacted in case of time change or notification of forfeiture.
- If a command does not field a team for an event, that command's personnel may play on a participating command's team. Points will only be awarded to the participating command.
- No one may play for more than one team in an event.
- Each command will be allowed at least one team/individual per event unless otherwise stated by the event. Additional teams/individuals will be allowed as space permits. Though more than one team is permitted, each command should ensure that their Sailors are not signed up for conflicting events.
- All games will be played to a conclusion. If a game is tied at the end of regular play then a tiebreaker round (inning, period, etc.) will be played to determine a clear winner.
- For events officiated by an umpire, umpire decisions are the final call on a given event and will not be changed by SLW staff.
- Sportsmanship issues during events will not be tolerated and will be referred to command Executive Officer and CNSP Chief of Staff (COS). Ejection from any game is ejection from the tournament and the member must leave the field of play immediately.

Athletic Events

Events	Team Size (Personnel)	CMD Max	Location	Fee	Rules	Self Provided Equip	Notes
5k	1 to 10	10 Entrants	Adj to ADM Prout Field House	\$15/ Person	SLW	N/A	1) Average of top 3 runners will determine command time for scoring . 2) Minimum of 3 runners for team competition. 3) Top male and female finishers will earn 10 points for commands (not needed to be part of a 3 man team)
Basketball	5 to 12	2 Teams	ADM Prout Field House Gym	\$55/ Team	NCAA	Basketball shoes, shorts with no pockets, jersey with number	1) 2- 20 min running clock halves, last 2 mins in second half under a stop clock. 2) Jerseys avail for checkout at gym. 3) Encouraged to wear team uniform.
Billiards	1	3 Entrants	Bowling alley at NBSD	\$15/ Person	APA	N/A	1) Best 2 out of 3 double elimination tournament
Bowling	4 to 6	5 Teams	Bowling alley at NBSD	\$50/ Team	USBC	Bowling shoes (and encouraged to bring ball)	1) Teams bowl 3 games per round. 2) 2 rounds, top 4 teams in final round based on first 3. 3) Refer to additional rules for more info
Dodgeball	6	2 Teams	Harborside Fitness Gym at NBSD	\$40/ Team	SLW	N/A	1) Single elimination tournament, best 2 of 3 matches. 2) 6 balls, provided by coordinator
Flag Football	8 to 10	2 Teams	ADM Prout Field	\$55/ Team	USFTF	N/A	1) 2- 20 min running clock halves, last 2 mins in second half under a stop clock. 2) Flags and game ball provided 3) Assemble 30 mins prior to check in with ref
FF/ HELEN	1	5 Entrants	Admiral Prout Field	\$15/ Person	CF	N/A	Refer to detailed Event Rules
Golf	4	5 Teams	Admiral Baker Golf Course	\$50/ Person	USGA/SLW	Clubs	Tee time 0800. Check in 40 mins prior to tee time. 1) 4 man scramble, handicaps not required.
Push up/ Pull up	1	5 Entrants	Admiral Prout Field	\$15/ Person	SLW	N/A	Refer to detailed Event Rules
Racquetball	1	2 Entrants	NBSD Racquetball Courts	\$15/ Person	USAR/NBSD	N/A	1) Single tournament 2) 2 full 15 pt games (win by 1) 3) Racquets/ eye pro (use required) avail for check out
Soccer	11 to 17	2 Teams	NBSD Field	\$55/ Team	National	Shin guards	1) 2 20 min running clock halves 2) Assemble 30 mins prior to check in with ref
Softball	9 to 14	2 Teams	NBSD Softball Fields	\$55/ Team	ASA	Gloves & bats (ASA approved list)	Refer to detailed Event Rules
Swimming	1 or 4	10 Entrants	ADM Prout Field House Pool	\$15/ Person	SLW	N/A	Refer to detailed Event Rules
Tennis	1	2 Entrants	NBSD Tennis Courts	\$15/ Person	USTA	Tennis racquet	Refer to detailed Event Rules
Volleyball	6 to 10	2 Teams	NBSD Sand Courts	\$40/ Team	USVB	N/A	1) Best 2 of 3, 25 pt games 2) 6 man sandlot with a max of six substitutions per game 3) Volleyballs will be provided
Chili	1 to 4	5 Teams	ADM Prout Field	\$15/ Team	SLW	Crock pot or set up to keep food warm	1) Judging will be done by those sampling 2) Scores compiled by SLW coordinators
Salsa	1 to 4	5 Teams	ADM Prout Field	\$15/ Team	SLW	Set up to hold salsa before dispensed	1) Judging will be done by those sampling 2) Scores compiled by SLW coordinators

Athletic Event Detailed Rules

All Athletic Events have an entry fee.

5K

- **Personnel/Equipment**
 - Each command may enter up to 10, but all commands will be afforded at least one entry.
 - Running apparel and shoes are the responsibility of the entrant.
- **Event Description**
 - For the team competition, a minimum of 3 runners is required.
 - Complete 5K course for time.
- **Scoring**
 - Top three teams in each category will earn points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
 - Top Male/Female
 - 6 pts
- **Entry Fee**
 - \$15/person

Basketball

- **Personnel/Equipment**
 - Each command may enter up to 2 teams, but all commands will be afforded at least one entry.
 - Each team is required to have a minimum of 5 with no more than 12 personnel.
 - Team jerseys are encouraged. Appropriate shoes are to be worn. Jerseys can be provided upon request from MWR.
- **Event Description**
 - Competition will be played in bracket format.
 - 2- 20 minute running clock halves. Last 2 minutes in second half under stop watch. 5 minute halftime.
- **Scoring**
 - Scoring is based upon accumulative totals during each game.
 - Top three teams in each category will earn points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
- **Entry Fee**
 - \$55/team

Billiards

- **Personnel/Equipment**
 - Each command may enter up to 3, but all commands will be afforded at least one entry.
 - Pool Sticks may be brought by entrants or provided by MWR upon request.
- **Event Description**
 - Competition will be a best 2 of 3 double elimination.
- **Scoring**
 - All games will be determined by APA rules.

- Top three places will earn points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
- **Entry Fee**
 - \$15/person

Bowling

- **Personnel/Equipment**
 - Each command may enter up to 5 teams, but all commands will be afforded at least one entry.
 - Each team is a minimum of 4 with a maximum of 6. Substitutions may be made only at the beginning of a game.
 - Shoe rentals will be the responsibility of the individual. Bowlers are encouraged to bring their own shoes and bowling ball.
- **Event Description**
 - Competition will be held in two rounds, preliminary and final. Each team will bowl three games. The top four teams will compete in the final round. The final round will consist of the top four teams in each category in a roll off. The determination of position will be determined by total pins. If there is a tie in total pins, teams will bowl a ninth and 10th frame as a tiebreaker.
- **Scoring**
 - All games will be determined by scratch pin totals of the six games, with the exception of the finals. Rules are governed by USBC (United States Bowling Congress) for score corrections. A late bowler may join any time prior to the beginning of the third frame; otherwise the team will use a blind score of 111. This is an unsanctioned “ABC” tournament.
 - Top three places will earn points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
- **Entry Fee**
 - \$50/team

Dodgeball

- **Personnel/Equipment**
 - Each command may enter up to 2 teams, but all commands will be afforded at least one entry.
 - Each team is limited to a total maximum of 6 personnel on the court.
 - Balls will be provided by coordinator.
- **Event Description**
 - Competition will be held a single elimination tournament. Best 2 of 3 matches.
- **Scoring**
 - All games will be determined by SLW rules and regulations.
 - Top three places will earn points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
- **Entry Fee**
 - \$40/team

Flag Football

- **Personnel/Equipment**
 - Each command may enter up to 2 teams, but all commands will be afforded at least one entry.
 - Each team is limited to a minimum of 8 with a maximum of 10.
 - Team Jerseys are encouraged.
 - Ball will be provided by coordinator.
- **Event Description**
 - Competition will be played in bracket format.
 - 2- 20 minute running clock halves. Last 2 minutes in second half under stop watch. 5 minute halftime.
- **Scoring**
 - All games will be determined by total points scored at end of each game.
 - Top three places in each category will earn points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
- **Entry Fee**
 - \$55/team

FF/HELEN

- ❖ **Personnel/Equipment**
 - Any command may enter up to 5 total entrants. Each command will be afforded at least one entry. This will not be a team event.
 - Appropriate physical fitness attire will be worn.
- ❖ **Event Description**
 - The HELEN competition will begin at the pull-up bars near the Naval Base San Diego (dry-side) track
 - Participants will be tested in the following modalities:
 - 400 m Run
 - 21 Kettle Bell Swings (1.5 Pood (54 lbs) Men, 1 pood (36 lbs) Women)
 - 12 Pull-Ups
 - 3 rounds for time.
- ❖ **Scoring**
 - Points will be calculated based on 3 rounds total completion time.
 - Top 3 places will receive points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
 - Top Male/Female
 - 5 pts
- ❖ **Entry Fee**
 - \$15/person

Golf

- **Personnel/Equipment**
 - Any command may provide up to 5 teams, but all commands will be afforded at least 1 entry.
 - Each team will consist of 4 personnel.
 - Shoes, clubs, and appropriate attire.
- **Event Description**

- See USGA rules.
- **Scoring**
 - Top 3 teams will earn points.
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
- **Entry Fee**
 - \$50/ person

Push Up/Pull Up

- **Personnel/Equipment**
 - Any command may enter up to 6 total entrants. Each command will be afforded at least one entry. This will not be a team event.
 - Appropriate physical fitness attire will be worn.
- **Event Description**
 - Entrant will perform as many push ups as possible in 2 minutes. Entrant will perform as many pull ups as possible in 2 minutes. 1-10 minute break will be given between push ups and pull up.
- **Scoring**
 - Event will be judged based on Navy Physical Fitness guidelines for proper technique in push ups. 'Kipping' will be allowed for pull ups.
 - Top 3 finishers will receive points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
 - Top Male/Female
 - 5 pts
- **Entry Fee**
 - \$15/person

Racquetball

- **Personnel/Equipment**
 - Any command may enter up to 2 total entrants. Each command will be afforded at least one entry.
 - Racquets and eye protection will be available for check out.
- **Event Description**
 - See USAR/NBSD for rules.
 - Single tournament. 2 full 15-point games with an 11-point tie-breaker required.
 - Top 3 finishers will receive points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
- **Entry Fee**
 - \$15/person

Soccer

- **Personnel/Equipment**
 - Each command may enter up to 2 teams. All commands will be afforded at least one entry.
 - Each team is limited to a minimum of 11 with a maximum of 17.
 - Team Jerseys are encouraged. Shin guards will be required.
 - Ball will be provided by coordinator.

- **Event Description**
 - 2- 20 minute running clock halves. 5 minute halftime. If tied at regulation, match will go to PKs, best of 5.
 - See the National Rules for guidance.
- **Scoring**
 - All games will be determined by total points scored at end of each game.
 - Top three places in each category will earn points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
- **Entry Fee**
 - \$55/team

Softball

- **Personnel/Equipment**
 - Each command may enter up to 2 teams. All commands will be afforded at least one entry.
 - Each team is limited to a minimum of 9 with a maximum of 14.
 - Commands bring gloves and bats (from ASA approved list) .
 - Anyone seen using a non-approved bat will result in an out for his or her team and individual ejection from the tournament. Any use of “altered” bats will result in team disqualification from the tournament..
 - Softballs will be provided
- **Event Description**
 - A coin flip will determine the home team. Due to the compressed schedule, all teams should be ready to play 20 minutes before the start time of their game.
 - The count will start 1-1 and a foul ball on the third strike is an out.
 - There will be no lead-offs
 - A 6 to 10 foot arc is required on all pitches
- **Scoring**
 - Games will be 7 innings in duration with a 55 minute time limit and the run-rule of 10 runs after five innings applies. International rules will be used to determine tie-breakers after seven innings or 55 minutes, which means the last batted-out from the previous inning starts on second base.
 - Top three places in each category will earn points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
- **Entry Fee**
 - \$55/team

Swimming

- **Personnel/Equipment**
 - Any command may enter up to 10 total entrants.
 - Multiple event entries by individuals are encouraged, however individual swimmers are limited to a total of two individual events plus two relays.
 - Swim attire must be provided by each entrant.
- **Event Description**
 - This is both an individual and team competition. Regular events will include:
 - Butterfly - 50 meters
 - Backstroke - 50 meters
 - Breaststroke - 50 meters
 - Freestyle - 50 meters

Medley Relay - 4x50 meters
Freestyle Relay - 4x50 meters

- **Scoring**
 - Awards will be given to the top scoring individuals for first, second and third place as well as the top teams for first, second, and third places, and to the highest scoring individual male and female swimmer based on the highest aggregate score for all events entered. In the event of a tie in the individual competition, a 100-Meter individual medley will decide the victor.
 - Scoring will be calculated as follows:
 - **Individual Events**
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
 - **Relay Events**
 - 1st place: 6 pts
 - 2nd place: 4 pts
 - 3rd place: 2 pts
- **Entry Fee**
 - \$15/person

Tennis

- **Personnel/Equipment**
 - Each command may enter up to 2 personnel. All commands will be afforded at least one entry.
 - Each team is limited to 1 person.
 - Players must bring their own racquets.
 - Tennis balls will be provided.
- **Event Description**
 - Single elimination tournaments, no-ad scoring and best of three sets decide the match.
 - Linemen will be provided for championship game.
- **Scoring**
 - Participants must win by two games, and a 6-6 set will be decided by a 12 point tiebreaker. A player who reaches seven points during these 12 point sets wins the game and set. If the score has reached six points, the players change sides or ends and continue in the same pattern until one player wins by two points (example: 8-6, 9-7, 10-8, wins the game and set). The first player to win four points wins the game, with the seventh point of the game becoming a game point for each player.
 - The receiver has the choice of advantage court or deuce court to which the service to be delivered on the seventh point. If the player cannot call the ball in your court, the point is your opponent's - no replays.
 - Top three places will earn points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
- **Entry Fee**
 - \$15/person

Volleyball

- **Personnel/Equipment**
 - Each command may enter up to 2 teams. All commands will be afforded at least one entry.
 - Each team is limited to a minimum of 6 with a maximum of 10.
 - Team Jerseys are encouraged.

- Ball will be provided by coordinator.
- **Event Description**
 - Best 2 of 3, 25 point games.
 - 6 man sandlot with a max of six substitutions per games.
 - USVB rules will apply.
- **Scoring**
 - Top three places in each category will earn points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
- **Entry Fee**
 - \$40/Team

Chili Cook-Off

- ❖ **Personnel/Equipment**
 - Any command may provide up to three entries. Each prepared by any member of the command in pay grade E-1 through O-5. Cake decorating and Salsa contest entrants may participate in Chili Cook-Off.
 - Participant(s) need not be a CS.
 - A 3 x 5 inch white index card must accompany the entry identifying the command, participating member(s) and recipe. On the back, the command's XO will sign to certify the chili was made from scratch by member(s) named above.
 - A minimum of two gallons of chili must be prepared and cooked in the command's own galley
 - Entrants must provide serving equipment, bowls, and spoons
 - Entrants must provide 'score sheet' for those who sample the Chili.
- ❖ **Event Description**
 - Final ingredients may be added just prior to the competition, on the day of judging.
- ❖ **Scoring**
 - Points will be awarded on originality of ingredients (10 points), texture and appearance (10 points) and taste (10 points).
 - Judges will be those who sample the Chili and give a score at designated area.
 - Top three scorers will receive points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt
- ❖ **Entry Fee**
 - \$15/Team

Salsa Cook-Off

- ❖ **Personnel/Equipment**
 - Any command may provide up three entries. Each prepared by any member of the command in pay grade E-1 through O-5. Cake decorating and Chili contest entrants may participate in Salsa Cook-Off.
 - Participant(s) need not be a CS.
 - A 3 x 5 inch white index card must accompany the entry identifying the command, participating member(s) and recipe. On the back, the command's XO will sign to certify the salsa was made from scratch by member(s) named above.
 - Entrants must provide serving equipment, bowls, and spoons.
 - Entrants must provide 'score sheet' for those who sample the Salsa.
- ❖ **Event Description**
 - Final ingredients may be added just prior to the competition, on the day of judging.
- ❖ **Scoring**

- Points will be awarded on originality of ingredients (10 points), texture and appearance (10 points) and taste (10 points).
- Judges will be those who sample the Salsa and give a score at designated area.
- Top three scorers will receive points:
 - 1st place: 3 pts
 - 2nd place: 2 pts
 - 3rd place: 1 pt

❖ **Entry Fee**

- \$15/Team

Professional Event Rules

All events are straight competition (no categories), except for Shiphandling. No entry fee for any events.

Cake Decorating

- **Personnel/Equipment**
 - Any command may provide up to three entries. Each prepared by a single CS in pay grade E-3 through E-6.
 - A 3 x 5 inch white index card will accompany the entry identifying the command, CS name and recipe. On the back of the recipe card, the command's XO will sign to certify the cake was made from scratch by the CS named and in the command's galley.
 - The cake must be cooked and decorated in the command's own galley
 - Commands must provide serving equipment, plates, and forks
- **Event Description**
 - The maximum size of the cake will be 2 1/2 x 3 1/2 feet (excluding decorations).
 - The cake will be limited to two layers (each no more than two inches thick) plus optional sculptures; only boiled icing or butter cream can be used
 - Artistic lettering (long hand only) is permitted
 - Any appropriate nautical or naval theme may be used
- **Scoring**
 - Points will be awarded based on originality of design, color combination, texture of frosting, texture of cake, and taste.

Damage Control (DC) Marathon

- **Personnel/Equipment**
 - Any command may field a single 9-person team (one is to act as scene leader).
 - **Bring to SWOS-SD Firefighting School day of competition:**
 - **Pipe Patching Kit** (including PPE, banding, banding tool and banding clips
 - **6 complete FFEs** (ensemble, boots, SCBA canisters, flash hoods, helmets, and gloves)
 - **P-100 Pump** (1 suction hose, 1-1.5 firehose, vari-nozzle, exhaust hose, and hearing protection)
- **Event Description**
 - Pipe Patching Test: Using a pipe patching kit, two members will apply a banding patch to a pipe stand. The ruptured pipe will be a standard section of fireman piping, with one isolation gate valve. Points will be awarded based on the time required to effect repair and the ability of the patch to sustain static water pressure.
 - P100 Fire Pump Test: Using a pump, fittings, components, and hoses, a four-member team will rig a P100 to draw water from a water sump at the damage control school. The pump will be started and must be maintained at 80 PSI for 60 seconds. Points will be

awarded based on the time required to rig and ability to sustain line pressure. All members of the team must bring and wear hearing protection.

- Quick Reaction Team Test: Using hoses from SWOS-SD and ship provided fire fighting gear, commands will provide one team of 6 members sufficient to man two 1-1/2 inch hoses and a scene leader. The team will break out and connect two hoses with vari-nozzles in preparation for putting out a fire. Points will be awarded based on the team leader's ability to direct the team and time required to complete the evolution using correct procedures.
- **Scoring**
 - Command places in each event will be tallied and the lowest overall score will determine the winner.

Lathe Operation

- **Personnel/Equipment**
 - Each command may enter up to 2 entrants. Each command will be afforded at least one entry.
 - Machinery Repairman (MR) of any paygrade
 - Participants must bring eye protection
- **Event Description**
 - Utilizing a standard engine lathe, four-jaw chuck, high speed R. H. turning, facing, and V-sharp threading tool, precision tools, high speed tool bits, and aluminum stock 2" x 6" long, manufacture one valve disk in accordance with the drawing provided. Thread wires will be provided.
- **Scoring**
 - Points will be based on safety, set-up, accuracy, finish, and speed.

Marksmanship

- **Personnel/Equipment**
 - Each command may field multiple four person teams and must also provide a qualified Small Arms Instructor (SAMI) or Range Safety Officer (RSO) for the 9mm pistol and M-16 rifle competition.
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- **Event Description**
 - Event will be conducted at the FATS virtual trainer (BLDG 3137, NBSD Live Fire Range). This is straight competition in the 9mm and M-16 categories (first, second, third).
 - Each team will fire the standard 9mm and M-16 course of fires for score. Scores for the entire team and for each individual will be totaled. Top three teams will qualify for the second round, which will be the standard 9mm and M-16 course of fires with increased environmental difficulty.
 - In addition to team competition, each individual team member will be scored in both the standard 9mm and the M-16 courses of fire. The individual with the highest pistol and rifle scores from each team will qualify for the individual 9mm and M-16 competitions. Each top individual shooter will shoot the standard 9mm and M-16 courses of fires with increased environmental difficulty.
- **Scoring**
 - Top team score (for the two categories of 9mm and M-16) in the second round will win the top team marksmanship competition.
 - The top three individual shooters will win the individual marksmanship competition for the 9mm and the M-16 categories.

Medical Diagnosis and Stretcher Race

- **Personnel/Equipment**

- Each competing unit must field a team consisting of 5 individuals: 1 patient and 4 responders. All command teams must have 1 but no more than 3 Hospital Corpsmen (HMs) participating. All participants will be in their working uniform or appropriate physical training (PT) gear for the competition.
- Each competing unit must provide its own stretcher (Reeves Sleeve) and first aid dressing materials (gun bag). Moulage for the competition will be provided.
- Each command may only submit one team.
- **Event Description**
 - During a man down, the medical instructor and observer will impose a simulated personnel casualty for both teams competing. After treating the casualty, the stretcher-bearers are required to correctly place the patient on or in the stretcher and safely transport to the designated finish line. This is a timed event so the fastest time from the two competing teams advances in their bracket. 10 seconds will be added to the overall time for each step not completed correctly in the MOPs for basic first aid and patient transportation.
 - Two command teams will compete at the same time. Each patient will have the same wounds.
- **Scoring**
 - Judges will evaluate the effectiveness of the corpsman and stretcher bearers in basic first aid procedures and proper placement and transportation of a personnel casualty using the miller board or reeves sleeve stretcher.
 - Judging criteria includes diagnosis, treatment, and transportation skills from portions of the TORIS evaluation card and overall time elapsed to complete event. Fundamental guidelines below will be used for grading first aid objectives and patient transportation. Responders must properly assess, diagnose, treat, and transport the patient appropriately.

Maneuvering Board (Moboard)

- **Personnel/Equipment**
 - Each command may have one team with up to four members per team.
 - Entrants must provide their own materials – Moboard paper, dividers, parallel rulers, and pencils. No computers or calculators allowed.
- **Event Description**
 - Contest will consist of five Moboard problems of increasing difficulty. There will be a one-hour time limit for the competition. There will also be three tiebreaker questions worth five points each (no penalty for not answering, but if there is a tie, those who have correct answers get bonus points). Completely correct entries will automatically negate all other partially correct submissions. Speed and tiebreaker points will determine winners if required. In the case of a tie, a run off competition will be arranged with entrants.
- **Scoring**
 - 84 points are the maximum possible, with three bonus questions worth five points each. Speed points will be awarded as follows: five points for every five minutes (or part of) under one hour (i.e., 56 minutes to 59 minutes: plus five points; 51 minutes to 55 minutes: plus 10 points; 46 minutes to 50 minutes: plus 15 points; etc.). The following scoring will apply: negative one point for each degree or fraction off (1.1 - 2); negative one point for each 100 yards off (1 to 100 yards.); negative one point for each minute or fraction of a minute off (1.1 to 2 min).

Photo Competition (Facebook)

- **Personnel/Equipment**
 - Two total submissions command, posted by an individual or by the Command's page.
- **Event Description**

- post at most two photos on Surface Line Week Facebook Page (<https://www.facebook.com/SurfaceLineWeek>)
- Photographs must be taken of Athletic or Professional events conducted as part of Surface Line Week 2015 and must be captioned with command/name/rank of photographed participant. Embed Command Page link if possible.
- Photos must be shared on the SLW page NLT **COB 20 August 2015**.
- **Scoring**
 - Photos with the most likes and shares will be evaluated by Public Affairs Staff to determine winners.

Rescue Swimmer Competition

- **Personnel/Equipment**
 - Each swimmer competes individually and represents their parent command. Each command can have up to four swimmers competing.
 - Event will take place during weekly SAR Swimmer training.
- **Event Description**
 - Competition will consist of physical readiness and rescue swimmer application.
 - Competition consists of 1 set maximum pull ups, and a 500/400m swim/buddy tow (timed swim), with gear. Tow-buddy attire shall be in accordance with OPNAVINST 3130.6 (series).
- **Scoring**
 - The point scoring system will be tallied in accordance with points system outlined in OPNAVINST 3130.6 (series) for rescue swimmer SFT point scoring. The points will be totaled; highest score wins.

Rigid Hull Inflatable Boat (RHIB) Race

- **Personnel/Equipment**
 - Boat Crews - Commands may field multiple four person teams. Participants will designate RHIB crews to include boat officer, coxswain, engineman, and bowhook no later than 31 July 2015 to the event coordinator. RHIB crews from each command must be qualified in all respects with proof of appropriate service record entries.
 - **Each command must provide their own *working* 7 Meter RHIB. Each command is responsible for being at the start line on time.**
 - Commands are responsible for scheduling the removal of their individual oil booms
- **Event Description**
 - Written Exam:
 - One copy of each exam will be distributed to each participating command's Executive Officer (XO) by 31 July 2015; the XO is responsible for the exam administration. There is a 30 minute time limit.
 - Exams must be returned to event coordinators no later than 1 August 2015.
 - The following references are recommended for study in preparation for the written exam: 72 COLREGS, BM 3/2, BM 1/C, Boat Officer Handbook, Watch Officer's Guide, Bluejacket's Manual
 - Material Inspection/Boat Handling Demonstration:
 - Event Coordinator will promulgate a schedule for the material inspection. Boats will be inspected in accordance with NSTM Chapter 583. The material inspection will be conducted at the fleet landing, head of Pier 2, Naval Base San Diego.
 - Boat Handling. Boats will be graded on their initial landing for the material inspection, then after the inspection for getting underway. Professionalism, safety, and seamanship will be emphasized in the grading. The boat handling inspection will be conducted at the fleet landing, head of Pier 2, Naval Base San Diego. Oral questions will be asked by the inspector.
 - RHIB Race:

- The event coordinator will promulgate the schedule and location for the small boat race. The race will consist of using oars to paddle the RHIB 20 yards, then turn on the engine run the course and at the end cut the engine and paddle 20 yards to the finish line. The race uniform will be NWUs or coveralls.
- **Scoring**
 - Written test will count for 30 percent of final grade.
 - Material readiness will account for 20 percent of final grade.
 - Boat handling will account for 35 percent of final grade. First place winner of the RHIB race will receive 35 percent, second place 25 percent, and third place 15 percent. Remaining teams will receive up to 10 percent, based on their boat handling.
 - Overall appearance and military smartness will account for 15 percent of final grade.

Sailing Competition

- **Personnel/Equipment**
 - 2-handed Capri 16.5 sailboat – skipper and crew.
 - 16 total race spots available
 - Commands may field multiple teams as long as all interested commands can field at least one
 - Skipper **must** have check out qualification on file at Fiddler's Cove. If not, skipper must complete check out qual prior to start of event.
- **Event Description**
 - Two day regatta at Fiddler's Cove Marina. 2 heats Day 1, Championship Day 2
 - Race Committee is Navy Yacht Club.
- **Scoring**
 - Detailed instructions in the form of a Notice of Race and Sailing Instruction will be provided by the Sailing Event Coordinator prior to the race.

Seamanship Competition

- **Personnel/Equipment**
 - Each command may have one three-person team, no rate/rank restrictions apply. Team members will be designated as bolo/messenger heaver, knot tier, or bos'n.
 - Competitions will be held by the pull-up bars at the Admiral Prout Field House Track.
 - Bring bolo/messenger, eight-foot lengths of 12 and 21 thread line, standard Navy Boatswain's Pipe
- **Event Description**
 - Bolo and Messenger Heave:
 - No restrictions are placed on the bolo's characteristics. The messenger will be 100 feet of standard heaving line with monkey fist. First round consists of throwing the bolo between two goal posts 20 feet apart, 40 yards down range. Two chances will be allowed to achieve a successful throw. Successful throwers will advance to the messenger heave. Messenger heave consists of throwing the messenger through two goal posts 10 feet apart, 75 feet down range. A miss eliminates throwers. Competition will continue until a single thrower remains.
 - Knot Tying:
 - Participants must provide eight-foot lengths of 12 and 21 thread line. Competition consists of tying five of the following knots, chosen by the event coordinator: clove hitch, bowline, square knot, double bowline, double becket, sheepshank, stopper hitch, Spanish bowline, reef knot in middle of a line, or a bowline on a bight. Each knot is tied simultaneously by all participants. Grading is based on speed, correctness, and knowledge of general use of the knot. A 10-second penalty is added for incorrectly tied knots. A 5 -second penalty is awarded for stating wrong usage of the knot.

- Boatswain's Pipe:
 - Participants must provide their own standard Navy Boatswain's pipe. Competition consists of performing the following calls: mess call, pipe the side, pipe down, and sweepers veer. Grading is based on knowledge of use of the call, quality (crispness and clarity) of the call, and duration of the call. Participants may be asked to perform the same call several times for judging purposes.
- **Scoring**
 - Command places in each event will be tallied and the lowest overall score will determine the winner.

Shiphandling Competition

- **Personnel**
 - Each command may enter one junior officer CWO2 through O4 as the best shiphandler to represent that command. NSST personnel will provide all necessary bridge team support to the shiphandler.
- **Categories**
 - There are three categories of ships for the shiphandling competition, Small CRUDES (FFG, MCM), CRUDES (DDG, CG), and AMPHIB (LPD, LSD, LHA, LHD). First, second, and third place will be awarded for each category
 - CNSP may adjust categories dependent on numbers and classes of ships. Competitors will use the ship class they represent. Competitors representing ships not in any category will compete in the category of ships closest in configuration to those ships in a designated category, as determined by CNSP. Staffs may select a ship from the category relevant to their particular squadron or group. LCS simulation is not available – LCS competitors must use an available platform with which they are most familiar
- **Event Description**
 - Location: Navigation, Seamanship and Shiphandling Trainer (NSST), housed in buildings 3149 and 3531 (by Pier 6) on Naval Base San Diego. The Bridge Wing Simulator will be used for the competition. Each entrant will be judged in conning the ship through three evolutions:
 - Man overboard
 - Day fueling from an oiler
 - Mooring alongside a pier
- **Scoring**
 - The same judges will evaluate all ship handling in a category. Judges will award points for the following criteria: Command presence, judgment, use of standard commands, use of rudder & engines, timing and smartness, use of tugs, bow thrusters (as applicable), professional knowledge, and mooring lines
 - Judges may question competitors on experience, technique, and rules of the road. Evolution totals from each judge will be totaled to arrive at a final score for each competitor. The highest score in each category wins. If necessary, ties will be resolved using the judges' written comments.

Valve Packing

- **Personnel/Equipment**
 - Any command may field two, two-person teams.
- **Event Description**
 - Each team will repack a single globe valve using Teflon packing and tools provided by Southwest Regional Maintenance Center (SWRMC).
- **Scoring**

- Points will be awarded based on: (a) the amount of time needed to accomplish packing, (b) adherence to naval ship technical manual (NSTM) Chapter 78 procedures, (c) successful hydro test, and (d) a 10 question quiz. Each category is worth 25 points.

Visual Communication

- **Personnel/Equipment**
 - Each command may have one team with up to four members per team, but no less than three members for the entire competition.
 - Entrants must provide their own materials - message pads and pencils/pens
- **Event Description**
 - Day One. The contest will consist of two LOK tests (Morse code & VISCOM general knowledge; referenced from ACP 13, NTP 13, and SM 2 & 3), and an “identify for time” session with Flag Cards. The top 10 commands (on a case by case basis) will advance to the live Visual communications competition held on day two. If there is a 10th place tie, a 10 question LOK tiebreaker with various questions worth 10 points each (no penalty for not answering, but if there is a tie, those who have correct answers get bonus points). Completely correct entries will automatically negate all other partially correct submissions.
 - Day Two. There will be flag hoist and flashing light drills. There will be a five minute time limit for the flag hoist drill message and it will mainly be graded by time of message break. The flashing light message will have a 15 minute time limit. Grading criteria will include message blank accuracy and time to decode. Completely correct entries will automatically negate all other partially correct submissions. The tiebreaker will consist of a speed drill by breaking a flag hoist signal using ATP I Volume II. The time will only stop when all correct flags are hoisted and the correct page of ATP 1 Volume II is open.
- **Scoring**
 - There will be a maximum score of 130 points for the entire two day event. The following scoring will apply: negative five points for each incorrect flag hoisted or word recorded; negative one point for each discrepancy on message blank; negative three points for each minute over the allocated time for live VISCOM drills.

Welding and Cutting Competition

- **Personnel/Equipment**
 - Any command may field a single entrant.
 - The cutting test will use an oxygen-acetylene torch at the SWRMC weld shop. The welding test will use an electric manual arc generator. Safety equipment and material will be provided.
- **Event Description**
 - Welding Test: Using safety equipment and materials provided, weld two 3/8 inch steel plates together utilizing three vertical stringer beads. The root pass must be complete and the two cover passes will be six inches and four inches, respectively. Points will be awarded based on appearance, overlap, undercut, porosity by visual inspection, and time to complete.
 - Cutting Test: Lay out and punch mark an eight inch square with a four inch circle. Points will be awarded based on accuracy of the cuts, appearance of kerfs, and time needed to complete.
- **Scoring**
 - Combined points from Welding and Cutting Tests will determine winners.